

there
for you

supporting UNISON members
when life gets tough



An information and advice guide

Family breaks

Information about help that is available for families on low incomes in need of a break

Breaks are vital to everyone's wellbeing and quality of life. In the UK, over 2 million children live in families who cannot afford a day trip to the seaside or a simple holiday. For others, caring for a child who is disabled or has special health needs can bring its own pressures making it difficult to afford or organise a holiday.

However the rewards of getting away and spending quality time together as a family away from home can be immense.

There are many charities and organisations that can help – from providing grants for a special activity break, a day out or short holiday as well as free accommodation. Depending on the scheme, different criteria will apply.

Please note this factsheet is not an exhaustive list of organisations and there may be other charities that can help with the cost of a holiday.

Help from UNISON

There for You – Wellbeing breaks programme

At There for You we understand that sometimes a break is needed for example to help us recover from an illness, accident or operation; to take a much needed break from caring responsibilities; to help us get over a tragic event; or to provide families under severe pressure an opportunity to spend quality time together.

For members coping on low income a break can be an absolute lifeline.

thereforyou@unison.co.uk
Tel: 020 7121 5620.

UNISON Croyde Bay, North Devon

UNISON owned and operated Croyde Bay Resort, in North Devon, offers 15% off any holiday or short break for UNISON members.

For members who are low paid, a discount of up to 50% is available.

Tel: 01271 890 890
croyde@unison.co.uk



Good to know

Members should contact their branch welfare officer for more information and to request an application form.

Branch welfare officers should refer to the latest guidance and eligibility criteria.

“Thank you for helping me to get away. It was wonderful to see my children having so much fun especially given what we’ve all been through over the last year. They’ve been telling everyone about it – their smiles say it all. I feel so much stronger and am now looking forward to returning to work very soon.”

Other organisations that may be able to help

Calvert Trust

The Calvert Trust enables people with disabilities, their families and friends to achieve their potential through the challenge of outdoor adventure from three facilities in Kielder, Keswick and Exmoor

calvert-trust.org.uk

Tel: 01434 250232

CHICKS

CHICKS helps children from a variety of backgrounds. They might be living in poverty, be young carers, be victims of bullying or abuse or, have been bereaved. The one thing they all have in common is that they could really benefit from a week away from their circumstances. Children are referred by professional e.g. teacher, social worker, welfare person.

chicks.org.uk

Tel: 01822 811020

Email: info@chicks.org.uk

Cystic Fibrosis Holiday Fund

The Cystic Fibrosis Holiday Fund (CFHF) funds and provides grants towards holidays for those who have cystic fibrosis and are aged under 18. Applications are assessed quarterly.

cfholidayfund.org.uk

Tel: 020 7616 1300

Email: info@cfholidayfund.org.uk

Destination Florida

Destination Florida organises one week holidays for children between the ages of 7-15 who have missed out on the fun and laughter of childhood due to illness. A full medical team is present, enabling the children to be given their normal medical treatment whilst enjoying the holiday.

destinationflorida.org.uk

Tel: 0161 789 7788

Email: info@destinationflorida.org.uk

Family Fund

The Family Fund is the UK's largest provider of grants for low-income families raising disabled and seriously ill children and young people. They can consider requests for:

- Family breaks, either in the UK or abroad
- Day trips and other leisure activities
- Grants that allow parents and carers to take a break from their caring by paying for activity clubs, childcare and home-based support.

familyfund.org.uk

Tel: 01904 550055

Family Holiday Association

The Family Holiday Association helps disadvantaged children and their families with a family break in the UK.

The holidays provided are usually in UK holiday parks such as Haven or Butlins. This will include free accommodation, linen rental, entertainments passes and holiday insurance. The FHA may also make a contribution towards holiday expenses. Applications are accepted from a welfare agent (such as a UNISON branch welfare officer), a social worker, a health visitor or teacher. Applications usually open towards the end of the year for the following year. Early application is recommended due to high demand.

fhaonline.org.uk

Tel: 020 3117 0650

Email: info@FamilyHolidayAssociation.org.uk

3H Fund

Every year, 3H run a programme offering grants to assist disabled people and their families on low income to organise a UK holiday for themselves. The grants are given for the accommodation part of the holiday and are paid direct to the chosen venue. The charity liaise with social

workers and caring organisations to assist applicants and to identify those needing assistance. Carers can also be awarded a grant for a holiday away from their caring role.

3hfund.org.uk

Tel: 01892 860207

Email: info@3hfund.org.uk

Happy Days

Since 1992, Happy Days has been organising and funding special days such as trips to the seaside, theatres, zoos, museums, outdoor activity centres, sporting events and other educational and cultural activities for children and young people aged 3 to 17 years living with mental, physical and emotional difficulties. They also support other disadvantaged young people including young carers of parents or siblings. Families may apply for funding towards a one week holiday in the UK. Financial details and a supporting letter from a welfare person are required.

happydayscharity.org

Tel: 01582 755999

Email: enquiries@happydayscharity.org

Katie's Ski Tracks

Katie's Ski Tracks is a registered UK charity that takes disadvantaged children with life-threatening or life-limiting medical conditions, disability, or extreme social problems, on an adventure Skiing Holiday of a Lifetime to Italy – without their parents or carers. Because of their conditions these youngsters are so often excluded from school and family holidays and for some, unfortunately, it will be the first and last holiday they will ever take.

katiesskitracks.org

Tel: 0151 928 7595

Email: info@katiesskitracks.org

Kensington Foundation – Daisy Chain Project

This is a respite holiday programme which offers self-contained and peaceful accommodation in Blackpool for special

needs children and their families. There are ten apartments in total and the holidays run from Monday to Sunday. A non-refundable or transferable application fee of £135 (as at 2018) is requested with the application form. There is no threshold on age or restrictions on the number of visits. Where appropriate, families who have lost a child and feel the need for a break, either alone or with other family members may apply. There are 10 apartments and each is based around a different theme. The charity also has a canal boat with wheelchair lift. It is available for short breaks and can accommodate eight people.

kensingtonfoundation.com

Tel: 01253 761444

National Holiday Fund

The fund organises holidays for chronically or terminally ill children aged 8-18 years in Central Florida whilst giving the parents or carers an opportunity to rest or spend time with their other children.

nhfcharity.co.uk

Tel: 01493 731 235

Email: office@nhfcharity.co.uk

Newman Holiday Trust

The Newman Holiday Trust provides summer holidays to children with special needs aged 5 to 16 years. It is able to take away 120 children with a ratio of one to one care for each child to a variety of UK locations. As the Trust receives a high number of applicants, it selects the children who it believes would benefit the most from the holiday. The selection criteria is based on:

- The child's individual needs
- The Trust's ability to provide a suitable carer
- The parent or guardians' circumstances.

newmantrust.org

Tel: 02392 477 110

Email: www.newmantrust.org/contact

Over the Wall

Over the Wall is a national charity and a member of the international Serious Fun children's Network. Providing free therapeutic recreation camps to help children and young people facing serious health challenges reach beyond the perceived limitations of their illness to rediscover a whole new world of possibilities. Over the Wall organises Health Challenge Camps, Family Camps and Sibling Camps that includes a week of experiences that are memorable, exciting, fun and empowering in a physically safe and medically sound environment.

otw.org.uk

Tel: 023 9247 7110

Email: info@otw.org.uk

PHAB

Every year PHAB provides a programme of challenging and exciting breaks for around 155 children and young people at fully accessible outdoor activity centres in the Lake District and New Forest. As well as supporting those with physical, learning or sensory disabilities, PHAB provides breaks for a small number of children who are not disabled but disadvantaged in some way having perhaps experienced bereavement or neglect. Or, they may be a sibling of another child attending.

phab.org.uk/holidays-holiday-projects

Tel: 020 8667 9443

Email: infor@phab.org.uk

Sebastian's Action Trust

The Bluebells in Hampshire, is the UK's only purpose built facility offering specialist breaks exclusively to the families of seriously-ill children and where possible, to those who are recently bereaved. They offer privacy, space and a chance to escape from the rollercoaster of life, enabling families to heal through enjoying precious time together. Two families in residence can be accommodated at a time, each occupying their own four bedroom, three bathroom apartment,

whilst sharing the leisure facilities which include; an indoor hydrotherapy spa pool, sensory room, cinema, art suite, music room, games room, sensory garden, and more than three acres of open space. Holidays are free (a small voluntary donation is suggested) and mainly provided for families living in the South East of England. Holidays generally run from Friday to the following Tuesday.

sebastiansactiontrust.org

Tel: 01256 391854

Email: info@sebastiansactiontrust.org

Kids Cancer Charity (formerly Christian Lewis Trust)

Provide a holiday programme for children/young people with cancer and their families. This ranges from luxury static caravans on specially chosen sites situated on the coast in Wales, where the family can get away from the pressures of hospital and treatment, to resort holidays in Walt Disney World in Florida and, Disneyland Paris where partners provide a unique programme of supervised and special facilities.

kidscancercharity.org

Tel: 01792 480500

The Oliver Curd Trust

The Oliver Curd Trust provides free holidays for families with children who have a life-limiting or life-threatening illness. The charity also provides breaks to bereaved families. The charity has two caravans in East Sussex, one in Battle and the other in St. Leonards-on-Sea. Both caravans sleep up to six people. Families can enjoy a week's holiday or an extended weekend at one of the charity's caravans.

theolivercurdtrust.co.uk

Tel: 07802 573612

Email: karen.weatherley-moody@theolivercurdtrust.co.uk

Trefoil (Lilias Finlay Holiday Fund)

Grants are available for individuals under 18 years of age to take a holiday in the UK. The maximum level of grant is £500. The criteria for awards and online application form are available. Applications usually open in September for the following year. An application must be supported by a professional such as a nurse or a doctor.

trefoil.org.uk

Tel: 0131 339 3148

Email: info@trefoil.org.uk

Youth Cancer Trust

The Youth Cancer Trust provides free fun activity holidays at their centre in Bournemouth for young people aged 14 to 30 years with cancer or other malignant diseases. It is also available for those in remission or living with the effects of cancer. Available throughout the year, the holidays take place in small groups of 8 which can be a friendship group from hospital or alternatively the young person may bring a sibling or friend who will also attend for free.

youthcancertrust.org

Tel: 01202 763 591

Email: peter@yct.org.uk

The following charities grant the wishes of terminally ill and seriously ill children including providing holidays:

Rays of Sunshine

raysofsunshine.org.uk

When you wish upon a star

whenyouwishuponastar.org.uk

Round Table Children's Wish

rtcw.org

Willow Foundation

willowfoundation.org.uk

Starlight Foundation

starlight.org.uk

Youth Cancer Trust

yct.org.uk

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There for You – supporting UNISON members when life gets tough

Tel: 020 7121 5620

www.unison.org.uk/thereforyou



There for You is the working name of UNISON Welfare, a registered charity supported by UNISON the trade union. Registered charity no. 1023552/SCO38305